

Adolescent Experiences in Getting Family Development Task during Their Puberty: A Phenomenology Study

Endang Triyanto

School of Nursing, Faculty of Medicine and Health Sciences, Jenderal Soedirman University of Indonesia

**For reprint and all correspondence: Endang Triyanto, School of Nursing, Faculty of Medicine and Health Sciences, Jenderal Soedirman University of Indonesia*

ABSTRACT

Introduction	Indonesia has 30 percent adolescents of the total population (69 million). The first phase of adolescent growth is puberty which is signed by very fast physical and psychological changes. 78 percent of adolescents were not given an explanation about puberty by their parents; it reveals that families should be able to give development tasks to address this problem. The aim is to explore adolescent experiences in getting family development tasks during puberty.
Methods	This is a phenomenological study design. Researchers conducted in depth interviews to eight adolescents by purposive sampling in Purwokerto by employing Colaizzi methods for data analysis.
Results	The first theme is puberty changes. The second theme is adolescent problems. The third theme is adolescents received family role. The fourth theme is adolescent expectations of family behavior. Puberty changes consist of physical, psychosexual, social, emotions, attitudes, cognitive and feelings changed. Low of self body image and hopelessness were adolescent problems. Adolescents received support, negative attitudes and the rules apply from family. Adolescent hope that their family will give: caring, understanding, the right opinion, increasing communication frequency, play chance, directing and controlling.
Conclusions	Adolescents feel that they receive insufficient family development tasks. It is recommended to carry out adolescents peer counselor to fulfill this gap.
Keywords	Puberty-adolescent-family development tasks

INTRODUCTION

World Health Organization (WHO) in 2005 estimated the number of adolescent population in the world increased sharply, it reached about half of the total world population, and around 990 million people in developing countries. Based on data from Indonesia Demographic Health Survey 2007, the number of young people in Indonesia reached 30 percent of the total population of 231 million or about 69 million young people who lived in Yogyakarta and Central Java. Purwokerto is a city that has a youth group was recorded as of April 2009 some 34 percent of the total population (Office of Population and Civil Registration Banyumas, 2009).

One of the first phases in the life of adolescent is puberty. Teen puberty is defined as the transition from childhood to adulthood. Adolescent undergo during puberty will experience many physical and psychological changes that are very fast. Among the boys, a change in primary sex puberty is marked by a wet dream, while in the secondary change is marked by such as: voice began to change, growing hair in the armpit, mustache, beard, genitals. Otherwise, the primary sex changes in the girls is the first menstrual period (menarche) then usually followed by changing in the secondary sexual organs such as enlargement of the breasts and hips (Soetjiningsih, 2004).

Physical changes experienced by adolescent during puberty will have psychological and social influences. Psychological changes are caused by the increasing of gonadotropin hormone. Whereas another change like a shape changes will come along with puberty process in different manifestation such as: cognitive, moral, emotional, social as a form of self development of adolescents (Hurlock, 2004). Families are required to be able to carry out the task of family development in accordance Friedman (2003) which provides a responsible freedom, fostering open communication with the child's parents, provide support, provide role models to adolescents. The fourth task is the task of family development family development is closely linked to the needs of young adolescents during their puberty. Reality on the ground is still many families that have not been able fully to carry out the development of families of adolescent children who are undergoing puberty. The data that exist in society suggests that information about the changes that occur at puberty obtained by adolescents is still lacking. According to Hanifah (2000), 78 percent of teens said that no explanation was given his parents about the signs of puberty. If the family does not meet the needs of adolescents who are undergoing puberty, while adolescents are experiencing the most difficult stages in the growth, then it can be potentially happened an adolescent growth failure. This will lead to adolescent health problems, such as

confusion due to the changes that happened to him, body image disturbance, withdrawn, free sex, teen violence, sexual identity disorders and depression. The purpose of this study was to explore in depth experience of adolescents in obtaining family development tasks during their puberty.

METHODS

This study employed qualitative method of phenomenology which verify every issue by placing it in a natural situation and give a meaning of phenomenon based on the things that are meaningful to humans. In this study, researchers chose the approach of phenomenology of adolescent experience in getting the job family development during their puberty. The participants were adolescents who were undergoing puberty using purposive sampling. Inclusion criteria for this study were adolescent males aged 13-16 years and having experienced a wet dream; adolescent females aged 12-16 years and having experienced menstruation; willing to become participants; having adequate knowledge; adolescents living with family, and being able to tell experience well. The study was conducted in the city of Purwokerto, especially in Kelurahan Mersi, Pamijen, Baturaden and Bobosan. The study was conducted in four months from March to June 2010. Data was collected by interviewing the informant with open-ended depth interview guidelines. The main instrument of this research is the researcher and the devices for data collection were the form of interview guidelines, field notes and MP3 recorder. The stages of data analysis used Colaizzi method regarding the experiences of adolescents in obtaining family development tasks during their puberty.

RESULTS AND DISCUSSION

Research results found that there were four themes, namely: changes in puberty, adolescent psychological problems, the perceived role of family and family behaviors that adolescents are expected to undergo during puberty. These themes are described in detail in the description below. It turned out that all adolescent girls experienced menarche at age 12, while teenage boys have wet dreams at the age of 14 years. Adolescent girls were more likely to have the signs of early puberty primary sex rather than boys. This is attributed to the fact that physiological processes in young males, where the testes are located in the scrotum, face a new experience at the age of 14 years maturity. While teenage females, all reproductive organs grow rapidly in different speed levels in children ages 11 to 12 years old. All adolescents did not experience puberty too early and delayed puberty. It means that adolescent experience puberty in the normal of age range. Physical

changes as the secondary sexual characteristics are obviously visible from the outside that is occurred during puberty, and these changes accompany the primary sex characteristics (Sarrito, 2009). Females seem to have the breast growth; the growing of fine hairs around the armpits and vagina; hips widening; sweat multiply; starting of oily skin; ass grows bigger and rapid height growth. While in the males happening a rapid height increment; Adam's apple (*jakun*) growth; the growing of hair in the armpits, around the face and the genitals, an enlargement of penis and scrotum; a great voice; sweat multiply; beginning of oily skin and hair (Sarrito, 2009). The results of this study showed that the physical changes experienced by adolescent during puberty were a rapid height, a voice changes, the growing of Adam's apple and hair in the armpits and around the face of adolescent boys, and for adolescent female found to have an enlargement of breasts and hips. Adolescent men and women were also experienced an excessive of sweating and acne on the face. Moreover, the oily skin looked on during the interview.

Wong (2003) revealed that adolescents during puberty undergo an increasing of sex drive as a result of hormonal changes that been produced by gonadotropin in the hypothalamus gland. Whilst Anna Freud (in Hurlock, 2004) argued that adolescents will also experience a psychosexual development of attraction with the opposite sex. Fascination with the opposite sex is a manifestation of increasing of sexual drive. Psychosexual changes are categorized into two characteristics i.e. teenage fascination with the opposite sex and changes in appearance. Seven adolescents expressed fascination with the opposite sex by looking at the physical changes of their opposite sex. Physical changes that attract teenage males to the girls were the presence of breast growth. The girl's breasts were looked attractive for the boys while they saw it as well as they looked at the large hips and buttocks. This phenomenon is in accordance with Hanifah (2000) who found that the adolescent boys expressed interest in adolescent girls who's the large breasts and hips shapes. Mighwar (2006) concluded that puberty is called as the period of social hunger (thirst social) which is marked by a desire to get along and be accepted in his peer group environment. Once the child become adolescence, they will experience social change with emphasis on friends and activities with their peers, furthermore adolescent will be closer to their friends rather than their parents. Research results based on interview with adolescents found that the social change which is experienced by adolescents such as an increasing of the number of friends, activities, playing with peers and closeness with friends. In the early stage of adolescence, they still have the characteristic of childhood, especially in the form of a tendency of thinking i.e. egocentrism

(Piaget in Agustiani, 2006). Egocentrism is the inability to see a thing from the viewpoint of others. Elkind (in Agustiani, 2006) revealed a form of egocentrism is a way of thinking known as the personal fable. Personal fable usually includes the belief that a person is unique and has special characteristics that great, believed to be true without recognizing others' viewpoints and facts. According to the experiences of adolescents during puberty, they experienced a change in attitude of resistance. Resistance was expressed by two teenage boys. The form of rejection that they shown up for example while they are asked to do the activity relating to the future, such as learning. They usually also refused to use a helmet while they wanted to ride a motorcycle. Adolescent will be easier to follow the fun things according to their thinking.

Pubertal adolescent emotional condition is very easy to change. According to Stanley Hall (in Santrock, 2003) revealed that adolescents who are undergoing puberty experienced hurricanes and typhoons in the life of feelings and emotions. Such situation is often referred to as the storm and stress. Adolescents who are undergoing puberty generally experience a stirring and sensitive circumstance. State of a turbulent and sensitive often manifested in the form of easily angered and aroused emotions. A total of six adolescents expressed emotions change in the form of irritability. These emotional changes associated with hormonal changes that increased in adolescents who are undergoing puberty. The impact of hormonal changes that is occurred in adolescents during puberty is a period of emotional changes with a peak characteristic of an unstable emotion (Sarrito, 2009).

Hanifah (2000) concluded that the first wet dreams and menstruation would cause confusing, anxious, afraid and not ready to accept an early sign of puberty feelings. Hanifah (2000) added that the response of not ready when receiving an early sign of puberty can be a lazy, surprising and shock. Feelings were related to the changes that adolescents expressed in this study such as the feelings of happy, lazy, shock, confusing, anxious and scared. Adolescent males and females during puberty usually experienced acne growth in some parts of the body especially on the face as a result of increasing of hormone. Some teens felt hopeless and insecure with the appearance of acne. Another effect of increasing of hormone is the rapid increasing of productions of sweat as a result of activity that cause more productive sweat glands. According to Reasoner (2004) found that 72 percent of adolescent indicated a body image disturbance after entering junior high school due to the growth of acne.

Based on the interview found that during puberty, every adolescent in the different family would have different pattern of behavior. Some of

them felt a support and the others also got a negative response from their families. The kinds of support that they got from their families were such as understandings, suggestions, appreciations, meeting their needs and learning. The negative perceives that adolescents received from their family were the less family concern, insufficient explanation, curb, and the less right for making argument. Law enforcement of family rule could be perceived by adolescent as directing, warning, role models and coercion.

Family support in the form of understanding, advising and permits can be classified into the family emotional support. While the category of meeting the needs categorized as the family material support. The category of learning can be considered as informational support for families. Statements of the investigator were in accordance with Friedman's statement (2003) who explained that the family support including emotional support, material and informational. Research results also found that the family still had not provided information related to the sexuality issue because they perceived that this was a taboo to discuss it with their adolescents. It needs a religious leader involvement to facilitate mindset shifting among parent so they will have a new understanding that this sexuality discussion with their adolescent is a natural way and they should do that for goodness of their adolescent's growth up. An exaggerate family in response to this issue will create an obstacle and hampering the opportunity their adolescents to have social activities with their friends. This attitude is felt by the adolescent in this study. Some adolescents stated that they felt no space to play around, any leniency and caring with their strict parents. Many families tried to provide a form of protection to their adolescents, but their adolescents perceived that as a restraint. Adolescent interpersonal skills are acquired by a relationship with someone else. Whilst teens having a relationship with other persons, then the teens will able to learn about how to make social interaction and how to communicate with others. The restraint pattern would affect the psychological development of adolescents (Friedman, 2003; Evita, 2009).

Every parent wishes their children will have a good behavior according to the prevailing norms in family and society. Therefore, one of the family responsibilities to their children is to establish the child's behavior. Each family has their own way to that. Adolescent revealed that there are four ways in which families should enforce the rules through directing, warning, giving examples and some others with coercion. The parent who direct, warn and give examples in such democratic way will allow their teens to take it and run the rules with a vengeance. Every teenager during puberty has undergone different needs. The family

has responsibility in adolescent development during puberty. The family duties in adolescents development which is according to Friedman (2003) are to provide responsible freedom as the right of autonomy, foster open communication between parent and child; provide family support, and provide positive role models to develop family values.

Youth expectation toward their family during their puberty, showed a variety of needs which consist of a form of support, communication patterns, freedom and way shape adolescent behavior. The expectations of family support during their teenage puberty were attention needs, the desire for parents to act as companions, giving love, understanding, information and satisfaction of their needs. The way of communication such as quarrel was not intended by teenager, it mean that parent should be able to speak more softly to their children rather than yelling. A gentle way of speaking would make the teenager comfortable, furthermore they would be more open to parents if this kind of need is met by their family. This is consistent with Ramanda (2003) who stated that when a child ran away from home, they want to return if their parents willing to show a gentle attitude. Attention from parents, parental affection and understanding in dealing with adolescent attitude will help teens to achieve a stable emotional maturity. In this critical period, parents should be able to create a conducive situation to the growth of adolescent, such like to give a sense of security, create a harmonious and cheerful atmosphere at home and intimate relationship with a teenager with a role as a friend. All these factors determine the successful of juvenile wading through difficult and critical time during their puberty.

Conducive situation is needed to establish children's behavior. According to Agustiani (2006), the family must create conditions that support for the establishment of adolescent personality in order to follow family rules. This condition can be achieved through the closeness of children with parents, family care and the models planting positive value. In order to establish a good behavior, teenagers hope their family will able to direct, control and give them the example. This statement is supported by researchers Hurlock (2004) which stated that the guidance of older people is required by adolescent as a reference adolescent behavior.

Independence of an adolescent reinforced through the socialization process that occurred between adolescents and their peers. Hurlock (2004) explained that through relationships with peers, adolescents learn how to think independently, make their own decisions, accept or reject the views and values derived from the family and learn patterns of behavior that received by the

group. The opportunity to play with friends will enhance the ability of adolescent in interpersonal communication. The study which is conducted by Stuart (2002) showed that adolescents who are given the opportunity get along with his friend in a responsible manner will have a better ability to communicate in a good way rather than teens whose restraint. Adolescents express a wish to be allowed to play with their peers. Families are required to meet the social needs of adolescents who are undergoing puberty by giving a freedom to socialize with their peers. The parents should not behave to their adolescents as a child again but they have to give a freedom which related to grow a sense of independence for adolescents. In addition, if families allow their adolescents to hang out, they will gain experience in ways to communicate with friends. During the process of social learning will facilitate the teen how to communicate. If it does not work, then it could become an interruption in the process of adolescent interpersonal communication.

In addition to the requirements described above, adolescents who are undergoing puberty have the needs related to their physical changes, such as bandages, cosmetics, clothes and a mobile communication device. These kinds of teen's needs were revealed by the teen during interview. Many kinds of needs which should be provided for adolescents, for example parents must provide sanitary napkins for their female adolescents. This effort will prevent health problems for female adolescents who are undergoing puberty. If not then it might be happened a disease related to health reproductive.

CONCLUSIONS

Adolescents will have some different experiences during their puberty period. This period will be accompanied with the some physical and psychosexual changes. In this study found that there were some physical changes of the adolescents such as height, breasts, hips, Adam's apple, hair growth in some parts of the body and voice changes. Psychosexual changes which found in this study such as the feelings of interesting with the opposite sex and the changing in appearance. It was found a phenomenon that there was an increasing of the number of friends, an increasing of activities of play with peers and closeness with friends. The attitude change that found in this study was the attitude against experienced and the emotional changes such like the form of irritability. The pattern of family behavior which is needed by adolescents during puberty was supports of understanding, advice and permission, meeting the needs and learning. Some participants felt that the pattern of family behavior still provided less attention, insufficient explanation, curb and did not give the right to argue. Some families enforced the

rules with directing, warning, role models and coercion. Adolescent expected their family to give support, a good communication patterns and freedom, and the way how to perform adolescent behavior.

It recommended establishing Adolescent Health Unit. Community nurses can play a direct role by performing peer counselor and adolescent consultation clinics in the community. It needs health promotion intervention strategies through healthy adolescent puberty campaign program by optimizing the development of family duties. However, further research is needed to be conducted in order to know the factors that influence families in performing tasks of family growth for adolescents who undergo puberty period.

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